CLAIM AMENDMENTS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Previously Presented) A method, comprising:

receiving and demodulating a preamble at a first station;

determining an energy value for a transmission from the first station to a second station, wherein the energy value is based on the preamble;

forming a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a full amount of the data payload, and timing information of the arrival of the subpackets; and

transmitting the message to the second station,

wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.

2. (Original) The method of Claim 1, wherein the step of transmitting the message comprises positioning the message in a preamble.

3. (Original) The method of Claim 1, wherein the step of transmitting the message comprises positioning the message in a subpacket.

4. (Original) The method of Claim 1, wherein the step of transmitting the message comprises positioning the message between a preamble and a subpacket.

5-7. (Canceled).

8. (Currently Amended) An apparatus, comprising:

means for receiving and demodulating a preamble at a first station, wherein the preamble includes at least one bit indicating an energy level;

means for determining an energy value for a transmission from the first station to a second station, wherein the energy value is based on the ~~preamble~~ at least one bit;

means for forming a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a fill amount of the data payload, and timing information of the arrival of the subpackets; and

means for transmitting the message to the second station,

wherein the energy value is a traffic-to-pilot ratio and (1) the means for determining an energy value locates the energy value in a look-up table and selects an index value representing the energy value, and (2) the means for forming a message carrying an indicator of the energy value forms a message indicating the index value.

9. (Previously Presented) A computer-readable medium encoded with computer-readable instructions thereon that, when executed by a computer, cause the computer to:

receive and demodulate a preamble at a first station;

determine an energy value for a transmission from the first station to a second station, wherein the energy value is based on the preamble;

form a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a full amount of the data payload, and timing information of the arrival of the subpackets; and

transmit the message to the second station,

wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.

10. (Currently Amended) An apparatus, comprising:

a processor ~~operable~~ <u>configured</u> to demodulate a preamble received at a first station;

a transmission power control unit for determining an energy value for a transmission from the first station to a second station, wherein the energy value is based on the preamble; and

a channel element coupled to the transmission power control unit for forming a message carrying <u>a second preamble containing</u> an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a fill amount of the data payload, and timing information of the arrival of the subpackets and for transmitting the message to the second station,

wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.

11. (Previously Presented) The apparatus of Claim 10, wherein the transmitting the message comprises positioning the message in a preamble.

12. (Previously Presented) The apparatus of Claim 10, wherein the transmitting the message comprises positioning the message in a subpacket.

13. (Previously Presented) The apparatus of Claim 10, wherein the transmitting the message comprises positioning the message between a preamble and a subpacket.

14-16. (Canceled).

17. (Currently Amended) A base station, comprising:

a processor ~~operable~~ <u>configured</u> to demodulate [[a]] preamble <u>symbols</u> received at a first station;

<u>an encoder configured to re-encode the received preamble symbols to generate re-encoded preamble symbols;</u>

a transmission power control unit for determining an energy value for a transmission from the first station to a second station, wherein the energy value is based on the <u>received</u> preamble <u>symbols;</u>

a channel element coupled to the transmission power control unit for forming a message carrying an indicator of the energy value, an identity of the target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry the full amount of the data payload, and timing information of the arrival of the subpackets; and

a transmitter adapted to transmit the message in a forward link channel to the remote stations,

wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.

18. (Currently Amended) A remote station, comprising:

a processor ~~operable~~ configured to demodulate a preamble received at the remote station and further configured to receive an unmodulated pilot signal;

a transmission power control unit for determining an energy value for a transmission to a base station, wherein the energy value is based on the preamble;

a channel element coupled to the transmission power control unit for forming a message carrying an indicator of the energy value, an identity of a target destination of a data payload, a transmission rate of a subpacket, a number of subpackets to carry a fill amount of the data payload, and timing information of the arrival of the subpackets; and

a transmitter adapted to transmit the message in a reverse link channel to the base station, wherein the energy value is a traffic-to-pilot ratio and (1) determining an energy value includes locating the energy value in a look-up table and selecting an index value representing the energy value, and (2) forming a message carrying an indicator of the energy value includes forming a message including the index value.

19. (Previously Presented) The method of Claim 1, further comprising receiving by the first station a packet that includes a message, a data subpacket, and the preamble.

20. (Previously Presented) The method of Claim 19, wherein the packet is received by the first station via a traffic channel.

21. (New) The base station of claim 17, further comprising a decoder configured to decode the received preamble symbols.

22. (New) The base station of claim 21, further comprising a multiplier configured to multiply the re-encoded preamble symbols and the received preamble symbols to generate a sequence.

23. (New) The base station of claim 22, further comprising an adder configured to add the sequence to generate the energy value.

24. (New) The base station of claim 23, further comprising:

a receiver configured to receive the preamble symbols and a pilot signal;

logic configured to determine a pilot energy value based on the received pilot signal; and

logic configured to divide the energy value by the pilot energy value to generate a traffic-
to-pilot estimate.